CLAIMS

What is claimed as being new and desired to be protected by LETTERS PATENT of the United States is as follows:

1. A therapeutic mattress system for strategically creating holes for pressure relief purposes comprising, in combination:

a generally rectilinear block of an elastomer selected from a class of elastomers including rubber and plastic, natural and synthetic, and blends thereof, the block having a horizontal top surface and a parallel bottom surface and a vertical peripheral surface there between, the block having an upper edge and a lower edge and parallel side edges there between, the block also having a height and a width and a thickness, the height being between about 175 and 225 percent of the width and the width being between about 500 and 700 percent of the thickness;

a plurality of apertures cut into the block, the apertures including a central aperture in the general configuration of an isosceles right triangle with slightly curved sides, the sides of the triangle including a base side located midway between the side edges and closer to the upper edge than to the lower edge, the base side being between about and percent of the width of the block, the sides of the triangle also including two leg sides with an apex located midway between the side edges and closer to the lower edge than to the upper edge;

the apertures also including a plurality of ovals each of the ovals having a long major axis ans a short minor axis, the ovals being arranged in pairs with one pair of ovals having their major axes aligned in proximity to the base side of the triangle and with each of the other two pairs of ovals having their major axes aligned in proximity to the leg sides of the triangle respectively whereby the major axes of the three pairs of the ovals form an isosceles triangle around, and congruent with, the isosceles right triangle of the central aperture, each aperture having vertical sides extending between the top and bottom surfaces, at least 30 percent of the block measured from the upper edge being devoid of apertures, at least 30 percent of the block measured from the lower edge being devoid of apertures; and

a plurality of inserts fabricated of the same material as the block and of a size and shape corresponding to the size and shape of the apertures, whereby each aperture may be selectively filled with an insert so that all of the apertures may be simultaneously filled for maximizing pressure on a user, and, in the alternative, none of aperture may be filled with an insert for minimizing pressure on a user, and, in the alternative, preselected apertures may be selectively filled with inserts at the discretion of the user for the selective application of pressure.

2. A therapeutic mattress system comprising:

a generally rectilinear block of an elastomer having a horizontal top surface and a parallel bottom surface and a vertical peripheral surface there between, the block having an upper edge and a lower edge and parallel side edges there between, the block also having a height and a width and a thickness;

a plurality of apertures cut into the block; and

a plurality of inserts fabricated of the same material as the block and of a size and shape corresponding to the size and shape of the apertures.

3. The system as set forth in claim 2 wherein the apertures include a central aperture in the general configuration of an isosceles right triangle and a plurality of ovals having a long major axis ans a short minor axis, the ovals being arranged in pairs with one pair of ovals having their major axes aligned in proximity to the base side of the triangle and with each of the other two pairs of ovals having their major axes aligned in proximity to the leg sides of the triangle respectively, each aperture having vertical sides extending between the top and bottom surfaces.

4. The system as set forth in claim 2 wherein at least 30 percent of the block measured from the upper edge being devoid of

apertures and at least 30 percent of the block measured from the lower edge being devoid of apertures.

5. The system as set forth in claim 2 wherein each aperture may be selectively filled with an insert so that all of the apertures may be simultaneously filled for maximizing pressure on a user, and, in the alternative, none of aperture may be filled with an insert for minimizing pressure on a user, and, in the alternative, preselected apertures may be selectively filled with inserts at the discretion of the user for the selective application of pressure.